



**ISLAND PRIMARY CARE
ORCAS**

A DEPARTMENT OF ISLAND HOSPITAL

7 Deye Lane • Eastsound, WA 98245 • 360.293.3101 • www.islandhospital.org/orcas

CLINIC UPDATE

December 20, 2021

Farewell and Thank You to Anne Presson, OIHCD Superintendent

The entire Island Hospital and Orcas Clinic team would like to send our heartfelt appreciation for Anne Presson who has served as the Superintendent of OIHCD since 2018. Her last day will be December 31, 2021.

Anne has worked tirelessly to help advance the health and wellness of the Orcas community, while continuing to advocate for a sustainable model to deliver care. She was instrumental in unifying the clinics on the island, and she helped set the Island Primary Care – Orcas Clinic up for success. We wish Anne all the best in her next pursuit and we look forward to working alongside the new OIHCD Superintendent, Tom Eversole, to continue delivering quality care to the Orcas Island community.

Safe Ways to Gather for the Holidays During the Pandemic

The holidays have arrived once more amidst the COVID-19 pandemic. While there are several ways we can choose to celebrate the holidays, most of us enjoy getting together with friends and family. The CDC has provided tips you can follow to help make these holiday gatherings safer not only for yourself, but for those you celebrate with.

- The best way to minimize COVID-19 risk and protect those around you who are not yet eligible for vaccination, such as young children, is to get vaccinated if you're eligible.
- Wear well-fitting masks if you're in public indoor settings.
- If you're sick or have symptoms, don't host or attend a gathering.
- Get tested if you have symptoms of COVID-19 or have a close contact with someone who tested positive.

To view more tips for safe holiday gatherings, visit the CDC's website:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/celebrations.html>

Community Education's January Class Offerings

Community Education classes continue to be offered online at this time. All online classes at Island Hospital are free and require registration unless specifically stated in the class description. Any health screenings that Island Hospital is offering during this time take place on our main campus in Anacortes.

If you have questions, please call Island Hospital Community Education for more information: 360-299-4204.

To view upcoming classes, visit www.islandhospital.org/classes

Our Promise

*Your best healthcare experience begins at Island Hospital.
We always place your emotional and medical needs first and foremost.*

Winter Weather Preparedness; We're Here For You

We've seen damaging weather this fall and with winter on the way, Island Primary Care – Orcas wants to make sure our Orcas residents are prepared. Here are some helpful tips on preparing for winter storms:

- If power lines are down, call your local utility and emergency services.
 - If power lines fall on your car, warn people not to touch the car or power lines.
- Make sure your car is ready for winter travel.
 - Make a winter emergency kit to keep in your car.
 - Check antifreeze level and have radiator system serviced.
 - Replace worn tires and check tire air pressure.
 - Keep gas tank full to avoid ice in tank and fuel lines.
- Weatherproof your home to protect against the cold.
 - Insulate walls and attic.
 - Caulk and weather-strip doors and windows.

For more tips on preparing for winter storms, visit the CDC's website:

<https://www.cdc.gov/disasters/winter/beforestorm/preparehome.html>.

We would like to thank the Orcas Island community for the generator that is supported by their past donation and tax dollars. This money has ensured that Island Primary Care – Orcas is able to operate and continue providing care even during a power outage without interruption.

Happy Holidays from Island Primary Care – Orcas



Island Primary Care – Orcas is here for your healthcare needs. You can reach us by calling: (360) 293-3101 or (360) 376-2561.

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